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SUBJ/PUBLIC AFFAIRS-NAVAL SERVICE MEDICAL NEWS (NSMN) (94-21)//
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1315/TEL:DSN 294-1315//
RMKS/1. THIS SERVICE IS FOR GENERAL DISTRIBUTION OF
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ADDRESSEES IS ENCOURAGED. THIS MESSAGE HAS BEEN COORDINATED
WITH THE COMMANDANT OF THE MARINE CORPS (CMC). THE COMMANDANT
HAS AUTHORIZED TRANSMISSION TO MARINE CORPS ACTIVITIES.
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HEADLINE: News from Zagreb

UNPROFOR Zagreb, Croatia (NSMN) -- The following is a letter
from Fleet Hospital Zagreb Commanding Officer CAPT James A.
Johnson, MC, written 19 April 1994.

Dear families,

...The hospital mission is just one part of the many
contributions being made by the U.S. in the region. Joint Task
Force Provide Promise (Forward), of which we are a part, also
provides support to more than 300 other service members in
various places throughout the Former Republic of Yugoslavia. JTF
acts as the command element in charge of all U.S. troops in the
region, ensuring we are under the operational control of a U.S.
commander at all times. JTF is also the liaison between the
hospital and U.N. Protection Forces headquarters in downtown
Zagreb, allowing us to concentrate on providing medical care.

Various hospital personnel have begun to make visits to the
different sectors (areas within Croatia where there is still
disputed territory) and other areas around the Former Republic of
Yugoslavia. These visits are necessary, as they are the only way
we can coordinate initial medical treatment for a medevac of
UNPROFOR personnel who are positioned in the sectors, Bosnia-
Hercegovina and Macedonia. Hospital personnel who are on a list
to be called to assist with a medevac or who may travel to the

sectors are all volunteers. Safety is paramount, and trips are not approved if there is any indication that the area is subject to unacceptable risk or threat.

MWR has been busy putting together a number of trips and activities to keep us entertained during our time off. Last Saturday, a group of about 50 took a day trip to Slovenia, to the beautiful city of Ljubljana. Some did a little shopping, others toured a nearby castle, and a few were just happy to visit the local McDonald's and Dairy Queen. A group of about 50 also went to the Croatian National Theater that evening to see "The Barber of Seville." The opera was very entertaining and the theater is a work of art.

For the competitive crowd, MWR has been sponsoring dart, horseshoes and "Trivial Pursuit" contests. Of course, they regularly run movies for our viewing pleasure and many people have been making use of their supply of bicycles on the weekends.

The SeaBees finally received and installed our new boilers, and hot water has never been more appreciated. Even the JTF newspaper ran a front-page story on their superb efforts. They have also put their inventiveness to work designing equipment for the hospital which we didn't deploy with.

For example, we had a patient come in with a severe injury on his backside. With only gurneys to billet patients on, the SeaBees went to work, with the help of our Operating Room nurses, and constructed a bed more like what you would find in a stateside hospital. Great examples of teamwork and ingenuity like this have become the norm in camp.

Reprinted from the 3 June Red Rover, Naval Medical Center
Oakland, CA

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HEADLINE: AMSUS to Hold 101st Annual Meeting in Orlando

AMSUS Bethesda, MD (NSMN) -- "The Association of Military Surgeons of the United States, or AMSUS," said General Chair RADM Roger Triftshauser, DC, USNR, "sponsors regional chapters and a national continuing education program. This year's Annual Meeting, the 101st for the organization, will be held from 13 to 18 November in Orlando, FL."

AMSUS Executive Director Lt.Gen. Max B. Bralliar, USAF (Ret.), MC, indicates more than 6,000 military and federal physicians, dentists, veterinarians, nurses, administrators and enlisted professionals (medics, corpsmen and dental technicians) are expected to attend.

"The Navy is proud to be the host for this year's meeting and I'm excited about all the Orlando area has to offer," noted Triftshauser. "There is something for everyone, particularly for those who would like to bring spouses and family members."

Special day-long program arrangements have been made for the AMSUS Auxiliary. Karen Hagen is the Chair for this year's Auxiliary, whose membership is available to spouses of AMSUS members.

Each year, one of the federal agencies or one of the military services is the host for the annual meeting. AMSUS has held its previous annual meetings at cities such as San Antonio,

Nashville and San Diego.

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HEADLINE: Nursing Publication Awards Presented

BUMED Washington (NSMN) -- On 18 May 1994, at a Bureau of Medicine and Surgery ceremony, RADM Mariann Stratton, NC, director of the Navy Nurse Corps, presented certificates to the 1992 and 1993 recipients of the RADM M.F. Hall Award for Nursing Publication, praising their efforts in "taking the extra steps" necessary to publish.

The Award for Nursing Publication, named for Stratton's predecessor, was established in 1991 to encourage professional publication and to recognize Navy Nurse Corps officers who have positively contributed to the image of nursing. The awards are given annually in three categories: clinical nursing, nursing research and other topics that describe Nurse Corps activities. Both active duty and inactive reserve Nurse Corps officers are eligible for these awards.

The award recipients were:

-- For 1992 Clinical Nursing: CDR Richard Purdham, NC.
"Current regional anesthesia techniques of the brachial plexus." CRNA: The Clinical Forum for Nurse Anesthetists. 3(4), 154-163, Nov 1992.

-- For 1993 Clinical Nursing: LT Cathy E. Turner, NC.
Guidelines for the Transfer of Critically Ill Patients. AACN Critical Care Publications: 1993.

-- For 1993 Nursing Research: CDR Shelley Savage, NC.
"Discovering work excitement among Navy Nurses." Nursing Economics. 11(3), 153-161, May-Jun 1993.

-- For 1993 Other Topics: CAPT John F. Boyer, NC. "Mental health and substance abuse services in the era of health care reform." Journal of Ambulatory Care Management. 16(4), 50-59, Oct 1993.

An Honorable Mention Award was recommended for the following submission in 1993 because of its overall presentation quality:

-- LCDR Faye Yocum, NC, USNR. Documentation Skills for Quality Patient Care. Awareness Publications. 1993

Because Yocum is an inactive reserve Nurse Corps officer, her certificate was sent to the Air Force Hospital at Wright-Patterson Air Force Base, Dayton, OH, where she works full time as a civilian nurse on a medical-surgical ward. The certificate will be presented to her at a ceremony held there.

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HEADLINE: ADDENDUM: Puget Sound Naval Shipyard O'Club Fire

NSY Puget Sound, WA (NSMN) -- Last week's message included an article on Hank Rausch's previously unknown involvement in rescuing Bobbi Rice from the fire that resulted from an explosion at the Puget Sound Naval Shipyard Officers Club in January 1993. An earlier message (NSMN 93-37 of 30 September 1993) highlighted the heroic efforts of CDR William J.P. Melby, DC, in that same rescue. The September article recounted how Melby and four other rescuers saved Rice from certain death, trapped under a wall in the burning building. Last week's article identified two of the

four rescuers -- Rausch and then-CDR John Gordon. A call from a reader has identified a third: CDR Chris Sullivan, who at the time was executive officer of USS George Washington Carver (SSBN 656), which has since been decommissioned. CDR Sullivan was nominated for the Navy-Marine Corps Medal for his efforts.

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EDITORS NOTE: Following are two articles on mosquito control, one is a short overview of how to effectively control mosquitoes, the other a longer, more technical story, discussing the efficacy of non-traditional control methods.

HEADLINE: HEALTHWATCH: Mosquitoes: Don't Let 'em Bug You
NAVHOSP Orlando, FL (NSMN) -- With summertime and the rainy season upon us, mosquitoes will soon be a concern because they are both a public health problem and a nuisance.

Most mosquitoes are attracted to humans by body heat and by the carbon dioxide people breathe out. So, as long as you are alive and breathing, you can be bitten by a mosquito.

It is impossible to completely eliminate mosquitoes during their breeding season. There are, however, several ways to control the number of biting mosquitoes to which you are exposed.

SUBHEAD: Eliminate Breeding Sites

Mosquitoes don't like to expend any more energy than necessary, so quite a few of the ones that bite you around the house were probably bred around the house. Breeding sites around the home are anywhere water can pool for a couple of weeks. These may include bird baths, cans, jars, old tires, wading pools and tree holes.

To eliminate a bird bath or wading pool as a breeding site, you just empty the water every three to four days. Removing the cans, jars, old tires and any other items collecting water around the house will remove those breeding sites.

If you have a boat, make sure you don't allow rainwater to pool inside.

If the gutters of your home are clogged with leaves, remove them so water won't pool in the gutters.

SUBHEAD: Screening

If your home has screens, make sure they are in good repair and fit properly. When you find small holes and tears in the screens, they can be mended by applying small dabs of clear silicone caulk.

Keep your doors and windows closed if they are not screened.

SUBHEAD: Repellents

Repellents are usually most effective when used according to the manufacturer's directions. The proper use is often to apply them to your clothing. This allows the repellent to be more effective because it will not be diluted or washed off by sweat.

If you must apply repellent to your skin, you should wash it off when you go back inside at the end of the day.

SUBHEAD: Spraying

This is usually performed by local pest control services. The usual procedure in Navy housing is U.L.D. (ultra low dosage) spraying. This method breaks the insecticide into microscopic droplets so more mosquitoes can be killed with less insecticide.

This is done when surveillance shows an increase in the mosquito population. Surveillance is conducted using metal light traps you see hanging in some areas.

These are just a few suggestions for decreasing the number of mosquitoes in and around your home. While we will never get rid of all mosquitoes, these tips can make life a little more bearable around them.

Story by HM1 Mark L. Klinge, Naval Hospital Orlando

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HEADLINE: HEALTHWATCH: Mosquito Control

NEPMU 2 Norfolk VA (NSMN) -- Few nuisances can ruin outdoor activities faster than mosquitoes.

Efforts to control these pests and potential disease vectors over the years have ranged from the ridiculous to the sublime. Our previous reliance on chemicals as the primary means of mosquito control led to overuse and resistance in the mosquitoes.

Today's concern over the environmental effects of pesticides has brought about renewed interest in non-traditional methods of control. Although seductively simple at first glance, many of these methods have been evaluated in controlled studies and have been found wanting in nearly all cases. Some of the more popular non-traditional control measures are outlined below.

SUBHEAD: Electrocutors

Black light insect electrocution devices (bug zappers, etc.) are purchased in huge quantities by homeowners due to their demonstrated ability to attract and kill thousands of insects over a 24-hour period. One industry representative estimates that over 1 3/4 million of these devices are purchased annually in the United States.

But do they really control pest insects? Bug zappers do indeed kill some mosquitoes. However, the only two controlled studies conducted to date by independent investigators showed that mosquitoes comprised merely 4.1 percent and 6.4 percent, respectively, of the daily catch over an entire season. Even more important was the finding in both studies that there was no significant difference in the number of mosquitoes found in yards with or without bug zappers. What is particularly disconcerting, however, is the number of non-pest insects that comprise the vast majority of trap catch. Many of these insects are beneficial predators on other insect pests. They, in turn, constitute a major part of the diet of many songbirds. Indeed, reduced numbers of moth and beetle prey species have contributed significantly to the decline of songbird populations in many affluent suburbs. Insect electrocution devices undoubtedly bear some responsibility for this phenomenon. Because of their proven

ineffectiveness and questionable environmental impact, Dr. George Craig Jr., director of the Vector Biology Laboratory at the University of Notre Dame, has labelled the alleged mosquito-control qualities of bug zappers "a fraud on the public." In fact, Armed Forces Pest Management Board issued a policy statement in 1982 recommending against their use in mosquito control on Department of Defense installations.

SUBHEAD: Repelling Devices

At least 10 studies in the past 15 years have unanimously denounced ultrasonic devices as having no repellency value whatsoever. Yet, consumers flock in droves to hardware stores to purchase these contraptions. Why?

The discovery that mosquitoes locate mates in mating swarms via wingbeat frequency generated a great deal of research into ultrasound as a potential source of environmentally friendly control. Yet, all attempts to affect mosquito behavior by ultrasound fizzled, despite enormous amounts of money spent on research and development. To be sure, the clever, high-tech and imperceptible (by humans) use of ultrasound proved to be an exceedingly effective marketing tool for the repeller manufacturers.

Homeowners were urged to buy ultrasonic repellers and the like to rid their houses of pests without the need to inhale "even one breath of poisonous spray." This appeal to the public's chemophobia, while extremely effective in diverting attention away from proven preventive and control measures (and toward their repeller products), has undermined an unbiased review of the subject by consumers desperate for a clean, effective, nonchemical means of mosquito control. Unfortunately, no such miracle cure exists. A pioneering study testing five different ultrasonic devices against four mosquito species convincingly demonstrated that ultrasound in the 20-70 kHz range used by these devices had no effect on reorienting flight by female mosquitoes either toward or away from human subjects. Additional tests have shown that sound generators capable of a wide range of frequencies were also ineffective in repelling mosquitoes. The fact is that these devices just do not work -- marketing claims to the contrary.

SUBHEAD: Avon Skin-So-Soft

The proprietary bath oil Avon Skin-So-Soft reportedly has some small measure of repellency against the yellow fever mosquito, *aedes aegypti*. Extensive laboratory tests have shown, however, that DEET (N,N-diethyl-m-toluamide, the chemical found in almost all commercial insect repellents and their DOD counterparts) is about 30 times more repellent than an equal amount of Skin-So-Soft. In addition, Skin-So-Soft's repellency is effective for only about 1 1/2 hours, whereas an equal concentration of DEET will effectively repel mosquitoes up to four hours.

Further laboratory tests have demonstrated that Skin-So-Soft possesses no repellency against biting midges ("mimis," "flying teeth," "sand fleas") infesting Navy and Marine Corps

installations, despite its widespread use in these areas. Here again, the facts as revealed by scientific research do not support Skin-So-Soft's excellent reputation as an insect repellent. Even the repellency of high concentrations of DEET has been overstated at times, e.g. "more is better." A concentration of 35 to 40 percent DEET appears to offer close to the maximum protection. Concentrations above 40 percent do not appear to offer significant increase in repellency.

SUBHEAD: Purple Martins

It has been known for many years that bird species like purple martins consume large numbers of flying insects. Proponents of their use in mosquito control are quick to cite J.L. Wade, an amateur ornithologist, who reasoned that an average four ounce adult purple martin, due to its rapid metabolism, would have to consume its body weight (14,000 mosquitoes) per day in order to survive. Wade recognized that the purple martins' diet includes many other types of insects, but this appears to have been lost on many individuals searching for a natural means of control.

In fact, during daylight, purple martins often feed voraciously upon dragonflies, known predators of mosquitoes. At night, when mosquitoes are most active, purple martins tend to feed at treetop level, well above most mosquito flight paths. Ornithologist James Hill, founder of the Purple Martin Conservation Association, writes, "The number of mosquitoes that martins eat is extremely insignificant and they certainly don't control them. In-depth studies have shown that mosquitoes comprise no more than 0 to 3 percent of the diet of martins." Rather than erecting martin houses to specifically attract insect-eating birds for mosquito control, we should at least promote them for their aesthetic and educational value.

SUBHEAD: Bats

Recently, the public has shown increased interest in the value of insectivorous species of bats in controlling mosquitoes.

Although untested lately, this is not a new idea. During the 1920s, several bat towers were constructed near San Antonio, TX, in order to help control malarial mosquitoes. Mosquito populations were not affected and the project was discontinued. Bats in temperate areas of the world are almost exclusively insectivorous. Food items identified in their diet are primarily beetles, wasps and moths. Mosquitoes have comprised less than 1 percent of gut contents of wild caught bats in all studies to date. Bats tend to be opportunistic feeders. They do not appear to specialize on particular types of insects, but will feed on whatever food source presents itself. Large, concentrated populations of mosquitoes could provide adequate nutrition in the absence of alternative food. However, a moth provides much more nutritional value per capture than a mosquito.

M.D. Tuttle, a world authority on bats, is often quoted for his anecdotal report that bats effectively controlled mosquito populations at a popular resort in New York state. While there

is no doubt that bats have probably played a visible, if not prominent, role in reducing the mosquito problems in many areas, the natural abatement of mosquito populations is an extremely complex process to study, comprising poorly known ecological relationships. Tuttle attempts to underscore the bats' role by citing an experiment in which bats released into a laboratory room filled with mosquitoes caught up to 10 mosquitoes per minute. He extrapolated this value to 600 mosquitoes per hour. Thus, a colony of 500 bats could consume over a quarter of a million mosquitoes per hour. Impressive numbers indeed, but singularly unrealistic when based upon a study where bats were confined to a room with mosquitoes as their only food source. There is no question that bats eat mosquitoes, but to use them as the sole measure of control would be folly indeed, particularly considering the capacity of both mosquitoes and bats to transmit diseases.

SUBHEAD: 'Mosquito Plants'

The citrosa geranium is currently being marketed as the answer to backyard mosquito problems on the basis of its alleged repellent properties. Researchers who developed this plant in the Netherlands claim that the plant carries a gene that produces the oil of citronella scent, a well-known but relatively weak mosquito repellent. Testing by the Department of Environmental Biology at the University of Guelph in Canada has established that the oils are released only when the leaves are crushed or rubbed on the skin. Even then, the repellency effects are moderate and short-lived -- far less, in fact, than that offered by commercial repellents containing DEET.

Mosquitoes can indeed make outdoor activities miserable experiences. Many people, desperate for relief, are driven to unusual, often untried, methods of control. While these may appeal to an unwary consumer, the sad fact is that they work only poorly, if at all. However much we would like to have a "magic bullet" that repels or kills only mosquitoes and affects nothing else, this miracle cure simply does not exist.

Time and again, controlled studies have shown that the most effective methods of mosquito control involve the integration of many different tried and true strategies, using approved repellents, source reduction and, when necessary, pesticides. Story by LCDR J.M. Conlon, MSC, Navy Environmental and Preventive Medicine Unit Two; Reprinted from The Flagship, 5 May 1994

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3. Changes of Command: Information on new assignments of Navy Medical Department leaders.

HEADLINE: NSHS San Diego Change of Command

NSHS San Diego (NSMN) -- In a dual ceremony on 24 June 1994, the Naval School of Health Sciences San Diego will receive a new commanding officer and command master chief.

CAPT Darrell F. Snook, MSC, will be relieved by CAPT Charles W. Baker, MSC, who will become NSHS's eighth commanding officer. Baker comes to NSHS after a tour as the officer in charge, Navy

Environmental and Preventive Medicine Unit Five, San Diego. Snook will assume command of the Healthcare Services Office, San Diego.

HCMC(SW) Michael Larkin will turn the command master chief billet over to HCMC (SW/AW) John Gilbert. Gilbert has held the Senior Enlisted Advisor position at Basic Hospital Corps School, NSHS San Diego. Larkin is in receipt of orders to Great Lakes, IL.

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HEADLINE: NMCL Philadelphia Change of Command

NMCL Philadelphia (NSMN) -- On 8 July 1994, CAPT R. Tom Sizemore III, MC, will be relieved as commanding officer of the Naval Medical Clinic Philadelphia. His relief is his current executive officer, CAPT Faye T. Scott, NC.

Scott will become the third commanding officer and the first Nurse Corps officer to take command of the Naval Medical Clinic Philadelphia.

Sizemore's next assignment will be as the commanding officer of Naval Medical Clinic Annapolis, MD -- the medical facility that provides health care support to the Brigade of Midshipmen, faculty and staff of the U.S. Naval Academy.

The Change of Command Ceremony is a time-honored tradition that formally restates the continuity of command to the officers, men and women of the command. The ceremony will take place at "Flag Hall" on the Naval Station Philadelphia, with music by the U.S. Naval Academy Band and RADM Richard I. Ridenour, MC, as the guest speaker. Currently the deputy surgeon general, Ridenour will be fresh from his own change of command -- he becomes commander, National Naval Medical Center Bethesda, on 1 July.

NMCL Philadelphia is headquartered at Naval Base Philadelphia. It serves as the command element, operating five branch clinics, four annex clinics and a detachment at the Walston Air Force Hospital. These facilities are located throughout Pennsylvania and New Jersey. Services are provided to a beneficiary population of more than 100,000.

On 1 October 1994, four of the five branch clinics will be realigned under NNMCC Bethesda. The command's detachment at Walston will be disestablished on 30 September 1994.

On 30 September 1995, in accordance with the Base Realignment and Closure (BRAC) III, the Naval Medical Clinic Philadelphia will be disestablished, coinciding with the closure of the Naval Station and Philadelphia Naval Shipyard. Story by CDR Joan M. Pate, NC

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HEADLINE: NMCL Quantico Change of Command

NMCL Quantico, VA (NSMN) -- In a 27 May 1994 ceremony, Naval Medical Clinic Quantico's commanding officer, CAPT William R. Straughn, MSC, retired and was relieved by CAPT William L. Roach Jr., MSC.

Roach comes to Quantico from Naval Hospital Cherry Point, NC, where he was executive officer.

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4. Events occurring 25 June - 1 July and July observances:

JUNE

26 June-2 July: Helen Keller Deaf-Blind Awareness Week
(516-944-8900, x325)

28 June: VOTE! Utah Primary

28 June 1894: Labor Day established

30 June: E-4 Evaluations Due

30 June: Leap Second -- To bring the coordinated universal time (UTC) system into better agreement with the rotating earth, a leap second will be introduced on 30 June 94. The leap second will necessitate retarding all UTC clocks by one second. To do this, 30 June 1994, 2359 and 60 seconds will be followed after one second by 1 July 1994, 0000 and 0 seconds.

JULY

Hemochromatosis Screening Awareness Month (518/489-0972)

Safety Awareness Month

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